

Notes from the Staff

HELLO! I'M ELIZABETH GARCIA...

and I'm the new Program Assistant for the Bob Gilmore & Lions Club Park Senior Centers. I will be helping plan activities and events, so please don't hesitate to share your thoughts with me. Prior to moving to Killeen, I worked at a non-profit helping adults with mental illness rebuild social skills and get jobs. I graduated from Notre Dame, but grew up in West Michigan. I am really excited to be working at the Senior Centers, there is such a vibrant, friendly community here. Thanks for all your kindnesses thus far!

DID YOU KNOW...?

The City of Killeen has a billboard on W.S. Young by the mall where we advertise our events. Check it out!

THANK YOU!

Fred Harris for a 12 inch skillet.
Robert Morell for the coffee and coffee pot donation.
Outback Steakhouse, Dairy Queen, Fuddruckers, Golden Corral, McAllister's, Mas Fajitas, Applebee's, Chili's, Bush's Chicken & Olive Garden for BINGO donations.
Trae Cunningham from Copperas Cove Nursing & Rehabilitation for donating the cakes for our birthday party.
Sun Weisgerber for dozens and dozens of donuts.
And everyone who donated other items and time!

YOU'VE PROBABLY NOTICED...

We have a new tracking system that uses the computer and scannable membership cards. It's exciting, but there are some growing pains as we update contacts and issue new cards. We appreciate your patience during this transition!

Recreation Opportunities

SENIORS ON THE GO

PANAMA CANAL: October 27 - November 10
For pricing and information, contact Olga at 254-690-7320.

INTERESTED IN GOING TO THE MOVIES?

There are interest sheets at both centers, sign up!

HIT THE LINKS AT STONETREE GOLF COURSE

The golf pro, Angelina, will be coming to talk about how seniors can be active at the City's course. Stay tuned for more information and be sure to attend her informational sessions.

50's Sock Hop with DJ PAUL

We're gonna rock around the clock tonight!



Tuesday, September 24
Lions Club Park Senior Center, 1700 B E. Stan Schlueter Lp.

5:30pm-8:30pm

Decade dress encouraged, but not required!

\$4 Entry Fee

Sign up for a dish at the Front Desk. Members are encouraged to bring an adult guest to dance the night away.

DINING WITH FRIENDS

Wednesday, September 4
5:00pm-7:00pm

Cracker Barrel

201 W Central Texas Expy, Harker Heights, TX 76548
Please see the volunteer at the restaurant to sign-in

SENIOR BOWLING LEAGUE

Every Wednesday
1:00pm-3:00 pm
Call Hallmark Lanes @ (254) 690-4949 for details.



The Senior Scoop

Bob Gilmore & Lions Club Park Senior Centers Newsletter

SEPTEMBER 2019

Our Mission

To provide high-quality facilities and services that offer wellness, life-long learning, and social opportunities to seniors age 55 and over.

SENIOR ADVISORY BOARD

Patsy Bracey, *Chairwoman*
Klaus Adam, *Co-Chairman*
Board Members
Bill Barker Emilio Fenderson
Mark Hyde Llewellyn Walker
Rosa Kea Monika Spilman
Patricia Holland
Staff POC: Elizabeth Garcia, 254-501-6396

Thursday, October 17, 2019
3:30pm-4:30pm
Killeen Community Center
2201 E. Veterans Memorial Blvd.

SENIOR COUNCIL

Roy Murray, *President*
Margo Coster, *Vice President*
Arlis Hilliard, *Treasurer*
Dorothy Kinsinger, *Secretary*

Instructions for the Council/Group Leader election will be posted on the Senior News bulletin board Sept. 6-Sept. 23. The election is Sept. 25, 8am - 3:30pm. Membership photo ID required.

Bob Gilmore Senior Center

Temporarily relocated to
Killeen Community Center Rm. W200
2201 E. Veterans Memorial Blvd.
Killeen, TX 76543-4328
Office: 254-501-8889

Monday - Friday
8:00 am - 4:00 pm

Lions Club Park Senior Center

1700-B East Stan Schlueter Loop
Killeen, TX 76542-5485
Office: 254-501-6399

Monday - Friday
8:00 am - 4:00 pm

Keep Up with the City of Killeen

www.killeentexas.gov
Like us on Facebook: @KilleenTexas

SENIOR HEALTH FAIR



Tuesday, September 17, 2019

9:00am—1:00pm

Lions Club Park Senior Center - Ballroom

We are hosting a free health fair where local health resources will be available to share information on how seniors can help maintain their health. Visit with vendors and participate in our door prize raffle, prizes courtesy of the vendors!

PARTICIPATE IN A LUNCH PILOT PROGRAM

We have been offered an opportunity to try a new approach to our lunch program and we need your help! Here is what we know:

1. Our seniors need tasty, nutritious lunches.
2. The Kitchen Angels (KA) work SO hard, even serving meals when we don't have a kitchen to cook in.
3. Making life easier for KAs while meeting the seniors' needs sounds like a worthwhile option to explore.

What does this mean?

We want to try a meal option where all the Kitchen Angels have to do is help serve—the actual food will be delivered to us daily, made fresh that morning. But we need your input to decide whether it's something we want to pursue further!

The meal trials are FREE, but a waiver is required to participate. **Registration will occur:**

Thursday, Sept. 5, 10:30am-11:30am @ BGSC OR
Tuesday, Sept. 10, 10:15am-11:45am @ LCPSC

The meals will be served in lieu of regularly scheduled lunch. We encourage you to attend at both Centers to be more informed about the variety and quality of food! Please see menus for dates of meal service.

Bob Gilmore Weekly Programs

Temporarily relocated to the Killeen Community Center - next to Bob Gilmore
2201 E. Veterans Memorial Blvd., Killeen, TX 76543-4328
Monday - Friday 8:00 am - 3:00 pm
Office: 254-501-8889

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ceramics 8:00am-11:00am	Dominoes/42 8:00am	Puzzles 8:00am-11:00am	Adult Coloring 8:00am-11:30am	Ceramics 8:00am-11:00am
Puzzles 8:00am-11:00am	Adult Coloring 8:00am-12:00pm	Adult Coloring 8:00am—1:00pm	Hand & Foot 9:00am	Adult Coloring 8:00am-11:30am
Adult Coloring 8:00am-11:30am	Hand & Foot 9:00am & 12:15pm	Hand & Foot 9:00am & 11:00am	Joker 10:00am	Hand & Foot 9:00am & 11:00am
Hand & Foot 9:00am & 11:00am & 1:00pm	42 Tournament 9:00am	Chicken Foot 10:00am	Dirty Marbles 11:00am	Dominoes 9:00am
Chicken Foot 10:00am	Chicken Foot 9:30am	Pickle ball 11:30am-1:30pm	Pickle ball 11:30am-1:30pm	Chicken Foot 10:00am
Scrapbooking w/ Margo 12:15pm Please sign up prior!	Yoga 10:00am-11:00am	Joker 12:30pm	Canasta 12:00pm	Pickle ball 11:30am-1:30pm
Mexican Train 12:30pm	Bible Study w/ Charlie 10:30am	Dirty Marbles 1:00pm	Paper play w/ Mary 12:30pm	Multi-Cultural Crafts 12:30pm-3:00pm
Dominoes 12:30pm	Pickle ball 11:30am-1:30pm		Texas Hold 'em 12:30pm & 5:30pm	Puzzles 1:00pm
	Pinochle 12:30pm		Multi-Cultural Crafts 12:30pm-4:00pm	Phase 10 1:00pm
	Paper Play w/ Debbie 12:30pm		US Korean Culture Dance Group Practice (Group Members Only) 1:00pm-3:00pm	Exercise 2:30pm
	Mexican Train 1:00pm			
	Puzzles 2:00pm			

Lions Club Park Senior Center Special Events & Programs

1700-B East Stan Schlueter Loop, Killeen, TX 76542-5485

BOOK CLUB
The Story of Arthur Truluv
by Elizabeth Berg
Tuesday, September 10
9:30 am-11:30am
Meet with us to discuss our latest book. For more info, call Kathe Kitchens @254-501-7872.

AARP DRIVER SAFETY
Wednesday, September 25
9:00am-1:30pm
Meeting Room
Drive Safe. Drive Smart.
Refresh your driving skills, know the new rules of the road. Learn research-based driving strategies to help you stay safe behind the wheel.
\$15/AARP Members
\$20/ non-AARP Members
Please sign up at the Front Desk.

LIVING HEALTHY TO 100
Wednesday, September 4
10:00am-11:00am
HEADACHES DECODED
Wednesday, September 11
11:00am-12:00pm
Both in the Meeting Room
Presentations by Tim Jefferies from HUMANA.

MEDICARE/MEDICAID 101
Wednesday, September 11
10:00am-11:00am
Meeting Room
Carrie Evans will be available to talk about Medicaid and Medicare.

UNITED HEALTHCARE PRESENTATION W/ AMY SARGENT
Wednesday, September 18
1:00pm - 3:00pm
Meeting Room

Freebies

BLOOD PRESSURE CHECKS
3rd Tuesday every month
Tuesday, September 17
10:30am-11:30am
Get your blood pressure & glucose checked, courtesy of HEB Pharmacy. This coincides with our Health Fair this month!

doTERRA Hand Massages w/Ms. Chi
Friday, September 27
11:00am-12:00pm
Ballroom

MEN'S HAIRCUTS
Wednesday, September 9 & 18
8:00am-12:00pm
Meeting Room

BINGO FOR GROCERIES
Friday, September 27
1:00pm-3:00pm
Try your luck for groceries and other fun!

Get Involved

TOURNAMENTS	
Bridge	Tues. @12:00pm
8-Ball	Tues. @11:30am Arrive early to sign up
9-Ball	Thurs. @11:30 am Arrive early to sign up
Spades	Fri. @12:15 pm
Intl. Dominos	Fri. @12:00 pm
"42"	Wed. @9:00am

COVERED DISH BIRTHDAY PARTY
Wednesday, September 18
11:30am
Because of the Meal Trial Schedule, this is one week earlier than normally scheduled
Celebrate September birthdays with us! You may bring a side dish (the Main Dish & Dessert is provided) or pay the normal \$3 for lunch.

Foster Grandparents Meeting
Thursday, September 19
9:00am-12:00pm
Meeting Room

Exercise Equipment Orientation Class
Fridays - 8:15am -8:45am
This class is **MANDATORY** for members who want to use the exercise equipment or be in the exercise room.

Lions Club Park Senior Center Weekly Programs

1700-B East Stan Schlueter Loop, Killeen, TX 76542-5485
Monday - Friday 8:00 am - 4:00 pm
Tuesday 8:00 am - 9:00 pm
Office: 254-501-6399

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RIPPED w/Theresa (Ballroom) 8:00am-9:00am	Spinner Dominoes & Chicken Foot (Card Rm) 8:30am-11:30am	"42" (CR 2) 9:00am-11:30am	Ceramics (CR 1) 8:00 - 11:00am	Exercise Equipment Orientation 8:15am
Ceramics (CR1) 8:00am-11:00am	TOPs Meeting (CR 2) 9:00am-10:00am	Computer Class w/Roy Intermediate Level (Library) 9:00am-11:00am	Spinner Domino (Card Rm) 8:30am-11:30 am	Circuit Training w/Lorrie (Ballroom) 9:00am-10:00am
Line Dancing w/ Lori (Ballroom) 9:00am-11:30am	International Dominoes (Card Rm) 10:00am-4:00pm	Bible Study (CR 1) 10:00am-11:00am	RIPPED w/ Theresa (Ballroom) 9:00am-10:00am	Computer/Printer Orientation & Beginners (Library) 9:00am-11:00am
Computer Class (Library) 9:00am-11:00am	Line Dancing w/Paul (Ballroom) 10:00am-11:30am	International Domino (Card Rm) 10:00am-4:00 pm	Miracle Prayers Group (CR 2) 10:00am-11:00am	Quilting (CR 1) 9:30am-3:30pm
Art Class w/ Ken (CR 2) 9:00am-11:00am	Bridge (CR 2) 10:15am-4:00pm	Mexican Train (Card Rm) 12:00pm-3:30pm	International Domino (Card Rm) 10:00am-4:00pm	Sit & Be Fit w/Lorrie (Ballroom) 10:00am
Trudy' Ladies Bible Study (CR 1) 10:00am-11:00am	8-Ball Pool Tournament (Billiard Rm) 11:45am	Hand & Foot (CR 2) 12:00pm-4:00pm	Knitting & Crocheting (CR 2) 11:30am-2:30pm	Zumba (Ballroom) 10:30am
International Dominoes (Card Rm) 10:00am-4:00 pm	Cribbage (Meeting Rm) 12:30pm-4:00pm	Gospel Sing-a-long (Meeting Rm) 12:30pm-1:00 pm	9-Ball Pool Tournament (Billiard Rm) 11:45am	Spades (CR 2) 11:00am-4:00 pm
Canasta (CR 2) 11:30am-4:00 pm	Bid Whist (Card Rm) 12:30pm-4:00pm	Texas Hold 'em (CR 2) 12:30 pm	Pottery w/ Marty (CR 1) 12:00pm-2:00 pm	Bid Whist & Gin Rummy (Card Rm) 12:30pm-4:00pm
Mecca-Ol' Time Music (Meeting Rm) 12:00 pm	Aerobic Exercise w/Lorrie (Ballroom) 2:00pm-3:00pm	Pinochle (CR 2) 12:30pm-4:00 pm	Bid Whist (Card Rm) 12:30pm-4:00 pm	Line Dancing w/Paul (Ballroom) 12:30 pm
Card Making w/Debbie (CR 1) 12:30pm-3:30pm	Pottery w/ Marty (CR 1) 3:00pm-5:00pm	Hearts & Gin Rummy (Card Rm) 12:30pm-4:00pm	Line Dancing w/ Athalie (Ballroom) <i>Beginner</i> 12:30pm-1:45pm <i>Advanced Beginner</i> 1:45pm-3:00 pm	International Dominoes (Card Rm) 12:00pm-4:00pm
Gin Rummy (Card Rm) 12:30pm-4:00pm	Lily Hosanna Dance Group (CR-2) 4:00pm-6:00pm	Paper Play w/Debbie (CR 1) 2nd & 3rd Wed. of month 12:30pm-3:30pm		Scrapbooking w/ Debbie (CR 1) 2nd & 3rd Fri. of month 12:30pm-3:30pm
<div>Computer classes are canceled Sept. 9-Sept. 16, and will resume on Wednesday, Sept. 18.</div>	U.S. Korean Dance Group (Meeting Room) 4:00pm-6:00pm	Circuit Training w/ Lorrie (Ballroom) 2:00pm-3:00 pm	Tai Chi w/ Brigitte (Family Rec Center) 1:00pm-2:00pm	Bingo for Groceries 4th Fri. of the month (Ballroom) 1:00pm-3:00 pm
	Canasta (Card Room) 4:00pm-9:00pm		Yoga w/ Brigitte (Family Rec Center) 2:00pm-3:00 pm	
	Texas Hold 'em (Card Rm) 5:30pm		U.S. Korean Dance Group Practice (Meeting Rm) 2:00pm-4:00pm	
	WACVA Meeting (1st & 2nd Tues) (Meeting Rm) 6:00pm		Poker (CR 2) 2:30pm-4:00pm	
	Las Estrellas Panamanian Group (CR 2) 7:00pm			

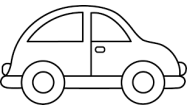
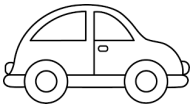
Bob Gilmore Special Events & Programs

Relocated to Community Center 2201 E. Veterans Memorial Blvd., Killeen, TX 76543-4328

Transportation

Transportation to Lions Club Park Senior Center for special events has been donated by Former Mayor Hancock and Arrow Trailways. Transportation includes a return back to KCC.

Next Scheduled Pickup:
Tuesday, September 17,
for the Senior Health Fair at LCPSC.
More Details To Follow.



Learn

LIVING HEALTHY TO 100

Thursday, September 5
10:00am - 11:00am

HEADACHES DECODED

Thursday, September 12
10:00am - 11:00am
Both in Room 300

Tim Jefferies from HUMANA will be presenting on two great topics to manage and improve health—you don't want to miss them!

MEDICARE/MEDICAID 101

Wednesday, September 18
10:00am-11:00am
Room 300

Carrie Evans from Scott & White Health Plan will be present to answer all your questions!

JEWELRY MAKING W/TERRI

Friday, September 27,
11:30am-3:00pm
Room 200

Lunch Scoop

MEAL TRIALS

The trials will run Monday, September 26, through Tuesday, October 1, so check the menus to see which sites are hosting on a given day, in addition to what meals to look forward to. We ask that you sign up for lunch by noon the day before so that we can provide the vendor with an accurate count.

COVERED DISH BIRTHDAY PARTY

Wednesday, September 25
11:30am

Because of the Meal Trial Schedule, this is one week later than normally scheduled

Celebrate September birthdays with us! You may bring a side dish (the Main Dish & Dessert is provided) or pay the normal \$3 for lunch.

Freebies

MEN'S HAIRCUTS

Tuesday, September 3
8:30am - 11am

Barber Oscar Rampersaud will be providing free haircuts on the first Tuesday of every month.

BINGO FOR GROCERIES

Friday, September 6
1:00pm
Room 300

Try your luck at Bingo for groceries and fun!

BUTTERBEAN AUCTION

Friday, September 27
9:15am -10:15am

Going once, going twice, sold! Forty beans for each item you bring. From plants to clothes, nick knacks & more. We accept everything, but money.

Please scan your Senior Center card at the FRC when you enter for these classes.

Lions Club Park

Kitchen Angel volunteers needed to help cook and serve food.



To volunteer please visit and/or call the Killeen Senior Centers front office at 254-501-6399
www.killeentexas.gov

LUNCH MENU

Lunch is served daily at 11:30 am
\$3/person

**** MENU IS SUBJECT TO CHANGE ****

We recommend registering for lunch on the sign-in sheet by noon on the day before.

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED FOR LABOR DAY	3 Chicken Rice w/ Gandules	4 Tater Tot Casserole	5 Baked Chicken Collard Greens Corn on the Cob	6 Fried Fish
9 Breakfast served From 8am-9am (\$2) Spaghetti Salad	10 Beef Stew Rice Potatoes	11 Baked Chicken Mashed Potatoes Vegetables	12 Hoagie Sandwiches Chips	13 Baked Fish
16 Soup & Sandwiches	17 Rice w/ Sausage & Beans	18 Covered Dish Birthday Party 	19 Baked Pork Chops Rice Beans	20 MEAL TRIAL DAY Tuna Salad Three Bean Salad Oatmeal Cookie
23 MEAL TRIAL DAY Loaded Potato Cas- serole Green Beans Fresh Fruit	24 Beef Soup	25 MEAL TRIAL DAY Chicken Alfredo Broccoli & Cauliflower Breadstick	26 MEAL TRIAL DAY Meatloaf Whipped Potatoes Mixed Vegetables	27 Baked Fish
30 Baked Chicken	October 1 MEAL TRIAL DAY		 Birthday moved up one week!	

Bob Gilmore

Kitchen Angel volunteers needed to help cook and serve food.



To volunteer please visit and/or call the Killeen Senior Centers front office at 254-501-6399
www.killeentexas.gov

LUNCH MENU

Lunch is served daily at 11:30 am
\$3/person

**** MENU IS SUBJECT TO CHANGE ****

We recommend registering for lunch on the sign-in sheet by noon the day before.

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED FOR LABOR DAY	3 Shepherd's Pie Cucumber Salad	4 Spaghetti Garlic Bread	5 Ham Macaroni & Chees Green Beans	6 Pulled Pork Sandwiches Coleslaw
9 Fried Noodles	10 Chicken Baked Beans Corn Cob	11 Baked Chicken Potatoes Vegetables	12 Beef Stew Rice Salad	13 Sesame Noodle Bowl Baked Mozzarella & Tomatoes
16 MEAL TRIAL DAY Swiss Steak Whipped Potatoes Capri Vegetables	17 Tuscan Barley Soup Meatballs Spinach Salad	18 MEAL TRIAL DAY Hamburgers Beans Mixed Fruit Crisp	19 MEAL TRIAL DAY Quesadilla Casserole Spanish Rice Parslied Carrots	20 Eggplant Lasagna Garlic Bread
23 Pork Chops	24 MEAL TRIAL DAY Beef Tacos Pinto Beans Fiesta Vegetables	25 Covered Dish Birthday Party 	26 Cheeseburgers Chips Fruit	27 MEAL TRIAL DAY SW Chicken Bowl Carrots & Spinach Gingerbread Cookie
30 Baked Chicken		 Birthday pushed back one week!		